



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM, SPORTS AND PLAY

## YOUTH/PRESCHOOL FITNESS-SPORTS

All kids deserve opportunities to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating the values, skills, and relationships that lead to positive behaviors and better health.

### MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. Belt tests are offered. Martial Arts uniform is recommended for the class at an additional fee of \$35.00

#### BEGINNING MARTIAL ARTS (Ages 5-12)

Monday & Wednesday 6:00-6:40PM

FEE: Members: \$35 Program Participant: \$70

#### INTERMEDIATE MARTIAL ARTS (Ages 5-12)

Monday & Wednesday 6:45-7:25PM

FEE: Members: \$35 Program Participant: \$70

#### ADVANCED MARTIAL ARTS (Ages 5-adult)

Monday & Wednesday 7:30-8:15PM

FEE: Members: \$35 Program Participant: \$70

#### ADULT MARTIAL ARTS (Ages 18 plus)

Saturday 10:15-12:15PM

FEE: Members: \$40 Program Participant: \$75

#### TUMBLING (Ages 3-4 and 5-8)

Learn. Thrive. Grow. Meet others while improving coordination, balance and flexibility.

Sunday

Ages 3-4 2:00 - 2:30PM

Ages 5-8 2:30 -3:00PM

FEE: Members \$15 Program Participant \$30

#### YOUTH STRENGTH TRAINING (Ages 6-13)

This class is for kids that are interested in learning how to begin their strength training program. The participants will build strength through the use of dumbbells, barbells, resistance tubes and the STRIVE equipment in the Family Wellness Center.

Monday & Wednesday 5:15-6:00PM

FEE: Members: \$15 Program Participant: \$26

#### KIDS KICKBOXING (Ages 6-14)

Bring your own gloves to this 30 minute cardio workout for kids!

Monday & Wednesday 6:00 - 6:30PM

FEE: Members: \$15 Program Participant: \$26

#### PRESCHOOL SPORTS (Ages 3-5)

A monthly program to teach preschool age children the fundamentals of different sports. Program will run once per week with a different sport each month. Sign-up for one month or every month!

January-Kickball

February-Soccer

March-Indoor Wiffleball

April-Basketball

May-Variety of Sports

Sat. 9:15 - 9:45AM

FEE: Members: \$12 per month

Program Participant: \$24 per month

Winter Session I-Jan. 2-Feb. 19, 2017  
Winter Session II-Feb. 20-April 9, 2017  
Spring Session-April 10-May 28, 2017

### YOUTH SPORTS LEAGUES

Programs focus on teaching the players the basic skills, teamwork & sportsmanship. All participants will play equal time. Practice will be held once a week at each team coaches discretion.



#### YOUTH BASKETBALL - Winter I BUILD TEAMWORK AND CONFIDENCE

Session Date: January 7 - February 25, 2017

Ages 3-4/5-6/7-8/ 9-12

FEE: Members \$35 Program Participant \$60

Registration forms can be picked up at the Y or downloaded at [www.marionymca.org](http://www.marionymca.org)

For more information, contact Korbin Evans at 740-725-9622

### WINTER II YOUTH FLOOR HOCKEY LEAGUE

This co-ed league will take place on Saturdays and includes a 30 minute practice followed by a game. March 4-April 8

Ages 5-6/7-8/9-10

FEE: Members \$35

Program Participant:

\$60



### SPRING YOUTH SOCCER

Youth soccer offers fun for players of all abilities. Kids gain the basic skills of the game, while learning how to follow rules and practice good sportsmanship.

Ages 3-4/5-6/7-8/9-11/12-14

April 15-June 3, 2017

FEE: Members \$35

Program Participant: \$60





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# FAMILY TIME

## FAMILY HEALTH / WELLNESS

### Family time ...a stronger you, a stronger family

The Y is here to help you and your family to become healthier spiritually, mentally and physically. There is no better way to spend time with your family.

### SCHOOL DAYS OUT (Ages 5-12)

The YMCA is the place to be when school is out. Swimming, crafts, games, nutrition, and character development, are just a few activities that will be offered each day. Children will need to bring a swimsuit, wear comfortable shoes, and be ready for an educational and fun filled day.

Lunch & afternoon snack are provided.

**Daily Fee: Members: \$7  
Program Participant: \$18**

**7:30 AM-5:30 PM**

#### Dates:

January 2, 2017  
January 16, 2017  
February 17, 2017  
February 20, 2017  
March 3, 2017  
March 27, 2017  
March 28, 2017  
March 29, 2017  
March 30, 2017  
March 31, 2017  
April 14, 2017  
April 17, 2017



### SNOW DAYS AT THE Y: (Ages 5-12)

The Marion Family YMCA is the place to be when the weather outside is unfriendly and school is called off due to inclement weather. Program runs from 8:00am-5:15pm. Members Only. Participants must bring their own lunch, swimsuit and towel. Contact the Y to confirm availability when school is called off for a Level 1 Weather Advisory. The program runs from December 1, 2016 through March 31, 2017  
**\$10 – Y Members Only**

### KIDS GYM : NEW & IMPROVED

For young children our Kid's Gym is open year round. The Kid's Gym is a soft-play area for children age eight and under while supervised by a parent. Kid's Gym gives kids 18 months to 8 years a place to run, play, explore and socialize.

#### **NOTE: Kid's Gym is subject to close due to youth programs**

Children must be supervised by a responsible person age 18 and older.

Free for Members and paying guests or guests that have a complimentary guest pass.

Kid's Gym is limited to children ages 18 months through 8 years.

### CHILD WATCH

The drop-in service is available for a maximum of 2 1/2 hours **per day** for children ages 3 months through 8 years old while their parents participate in on-site Y programs or activities. The cost is the following:

- One child, one visit - \$3.00
- Punch Card (10 visits for \$25.00)
- 30 Day Unlimited Pass for \$30.00 – for all children in your household.

### YOUTH IN GOVERNMENT

Youth in government is a program where teens learn about the legislative process, how to write and research bills, and how to participate in elections. Their work culminates in teens serving as delegates at their state conference, debating bills on the floor of the legislature. Join a delegation today! For more information, contact Korbin Evans at 740-725-9622.

### FAMILY WELLNESS CENTER (AGES 9 AND OLDER)

The Family Wellness Center is located on the second floor. It includes a complete set of STRIVE strength training equipment that is designed for children, small adults and those new to exercise. It's a great place to work out as a family.

- Children ages 9-13 must complete an Iron Kids Orientation prior to using.

#### Mornings

**Mon-Fri**  
9:00 AM-1:15PM  
**Saturday**  
9:00 AM-NOON

#### Evenings

**Mon-Thurs.**  
4:15-8:15PM  
**Friday**  
4:15-7:00PM

#### Afternoon

**Sunday**  
1:00 PM-4:00PM

Service fee is payable at the Service Center at the time of service. When the fee is paid, please pick up a pass to enter the Child Watch room.

### HEALTHY KIDS DAY

Sunday, April 30, 2017

Look for more information to come in early spring for a fun day of activities and healthy snacks.

*Date is subject to change*